



Did You Miss Your Libido in 2012?..... Why Not Get it Back THIS Year!

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NEW RESEARCH IS ALSO DEMONSTRATING THAT DECLINING TESTOSTERONE LEVELS HAVE BEEN IMPLICATED IN THE DEVELOPMENT OF DIABETES, HEART DISEASE, AND OSTEOPOROSIS (BONE WEAKENING).

If you are feeling lethargic, depressed, agitated, or have noticed a decrease in your sex drive, it may not be the events in the news, stress or even your age that is responsible. It may be a male hormonal problem called "Low T," or low testosterone. Often equated with youthful vim and vigor, testosterone levels peak between the ages of 25 and 35 and then progress downward as a man ages. Most men I see in my practice don't realize that their testosterone levels decline by 1 to 3% every year and that they can experience symptoms of Low T as early as 30 years of age! By age 45 almost 40% of men have Low T levels, yet remarkably, only 5% of men currently receive treatment.

What are some of the significant (life altering) symptoms of Low T?

- Lack of energy - feeling tired at the start of each day or as your day progresses
- Mood swings, depression, forgetfulness, inability to concentrate or multi-task
- Low libido (sex drive)
- Weight gain - inability to lose abdominal fat or weight in general

- Loss of strength and muscle mass

I'm often asked by my patients, why does Low T occur? The answer is simple - testicles just "burn out" in most cases and lose their ability to produce adequate testosterone levels. Other causes include a variety of hormonal disorders. Rarely, a brain tumor may be the cause.

New research is also demonstrating that declining testosterone levels have been implicated in the development of diabetes, heart disease and osteoporosis (bone weakening).

So, what can be done to correct Low T levels? At Pacific Coast Urology Medical Center, I offer a variety of replacement therapies in my Male Health & Hormone Center such as:

- Testosterone gels and creams - these are applied daily
- Testosterone injections - these must be given every 2 to 3 weeks
- Testosterone pellets - these are injected every 3 to 4 months and are the latest high tech solution.

With this new Center of Excellence we offer a variety of treatments for Low T. In addition, we'll offer a full range of treatment options for other men's health issues including ED (erectile dysfunction) and PE (premature ejaculation). Don't let another year go by. Reclaim your youthful energy and vigor!

Want more information? Please join Dr. Robert Pugach at an informative Men's Health & Hormone Seminar & Expo on Tuesday, February 19, 2013 at the Marriott Residence Inn, 4931 Katella Ave., Los Alamitos, 90720. This is a "reservations only" event. Call today to reserve your place, 888-735-4336. Visit: www.pacificcoasturology.com & www.advancedvasectomy.com

Convenient offices in Huntington Harbour (16843 Algonquin Street) and Los Alamitos (3801 Katella Ave., Suite 110). Please call 888-735-4336 to book an appointment or visit www.pacificcoasturology.com.

